VISIT…

漢光食藝精粹

Highlight's Chinese Gourmet Cooking

點心類 Dimsum Dishes

jpepito王鼎汉

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漢光食藝精粹—點心類

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序

漢光公司出版食藝系列圖書，已有將近六年的歷史。不論食譜的編寫、菜餚的烹製與拍攝，都是由多位經驗豐富的同仁親自動手，協力完成。兼以設計大方，印刷精美，所以問世以來，一直廣爲社會大衆所喜愛。

這一系列中、英文對照的「漢光食藝精粹」，是應廣大讀者的要求而設計的——許多在學的讀友表示，他們以囊中不夠寬裕爲憾；負笈海外的學子則希望將食譜譯爲英文，以便介紹給國際友人。爲此我們特將前批出版的「漢光菜卡」改爲菊十六開本，並加譯英文，以實惠的價格服務讀者。希望此舉對中華食藝的傳習與推廣，能夠有所貢獻。

漢光文化事業股份有限公司　謹識

FOREWORD

We have been publishing our series of cookbooks for six years. Some of our readers who are in school have expressed the need for more economical, low-budget recipes; others who have left the R.O.C. to study abroad have asked that we publish an English edition to introduce their new friends to exciting experience of Chinese cookery. In response to these demands, we have changed our "Chinese Cooking Cards" to $5\frac{7}{8}'' \times 8\frac{1}{4}''$ size, added English translations, and kept economy in mind. It is Hilit's pleasure to contribute towards the promotion and understanding of Chinese cooking, a significant aspect of Chinese culture.

Hilit Publishing Co., Ltd.

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貓耳朵

CAT'S EARS

材料：

中筋麵粉300公克、清水適量、鹽½茶匙、蝦仁6大匙、菠菜300公克、沙拉油4大匙、瘦豬肉丁片6大匙、高湯8飯碗、太白粉2茶匙。

①木耳丁片4大匙、鮮魷魚丁片6大匙。

Ingredients:

10 ounces plain wheat flour, some water, ½ teaspoon salt, 6 tablespoons shelled shrimps, 10.4 ounces spinach, 4 tablespoons oil, 6 tablespoons sliced lean pork, 8 cups stock, 2 teaspoons cornstarch

①4 tablespoons sliced fungus, 6 tablespoons sliced fresh squid

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主要營養成份**Major Nutrient Content:**

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	膽固醇 Cholesterol	總熱量 Total
88 g	100 g	265 g	6110mg	450mg	2166cal.

調味料：

鹽2茶匙、味精½茶匙、薑酒汁1½茶匙。

Seasonings:

2 teaspoons salt, ½ tablespoon MSG, 1½ teaspoons ginger wine

做法：

1. 麵粉加鹽加水揉成麵糰，醒20分鐘，然後揉成光滑柔細的麵糰，再等分成3～4份。
2. 將麵糰擀成條片狀，再切成2公分見方片，然後用大拇指推壓成貓耳朵狀。
3. 蝦仁（最好買鮮蝦來剝仁，以免霉爛或浸水過久）洗淨滴乾水份，用太白粉略爲抓拌；菠菜摘去老殘葉，洗淨切3公分段。
4. 炒鍋入油，放入豬肉炒香，再倒入高湯煮滾，放入貓耳朵續滾2分鐘放入①料、調味料、蝦仁和菠菜，大滾後即可供食。

Method:

1. Knead salt and water into flour to make a dough. Cover with cloth and let stand for 20 minutes. Knead again till very smooth. Divide into 3～4 parts.
2. Roll each part into a long strip, then cut into inch-long sections. Pinch each section into the shape of a cat's ear.
3. Rinse shelled shrimps and drain. (It's recommended that you buy fresh shrimps and shelled them yourself.) Add cornstarch and mix for a while. Remove old and withered spinach leaves, wash and cut into inch-long pieces.
4. Heat oil in a frying pan. Add sliced pork and stir-fry till aromatic. Add stock and bring to a boil. Add cat's ear and boil for another 2 minutes. Add ingredient ①, seasonings, shelled shrimps and spinach. Bring to a boil. Remove and serve.

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溫州大餛飩

WENCHOU STYLE WONTON

材料：

厚的大張餛飩皮300公克（或薄的225公克）、五花絞肉150公克、蝦仁150公克、青江菜屑6大匙、嫩豆乾丁4大匙、蛋皮粒4大匙、茼蒿菜（或菠菜）6～8棵、高湯8½飯碗（加鹽1茶匙）。

①鹽1茶匙、味精½茶匙、白胡椒粉¼茶匙、薑酒汁½大匙。

②榨菜絲½飯碗、紫菜絲½飯碗、蛋皮絲½飯碗、葱花½飯碗。

Ingredients:

10.4 ounces thick wonton skins (or 7.8 ounces thin ones), 5.2 ounces ground pork (80% lean), 5.2 ounces shelled shrimps, 6 tablespoons chopped green-stemmed vegetable, 4 tablespoons diced spiced beancurd, 4 tablespoons diced egg pancake, 6～8 tung-hao or spinach, 8½ cups stock (mixed with 1 teaspoon salt)

①1 teaspoon salt, ⅓ teaspoon MSG, ¼ teaspoon white pepper powder, ½ tablespoon ginger wine

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主要營養成份**Major Nutrient Content:**

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	膽固醇 Cholesterol	總熱量 Total
105 g	107 g	175 g	4030mg	1155mg	2072cal.

②⅓ cup shredded salted mustard root, ⅓ cup shredded dried seaweed (in sheets), ⅓ cup shredded egg pancake, ⅓ cup chopped green onion

做法：

1. A.蝦肉餡：蝦仁洗淨滴乾水份，和絞肉一起剁爛，加入①料拌勻。
   B.菜肉餡：青江菜處理法同水餃的菜餡，和絞肉一起剁爛，加入豆乾粒、蛋皮粒及①料（除薑酒汁外）拌勻。
   C.純素餡：即B餡中除去絞肉，再加入麻油2茶匙、糖1½茶匙。
2. 挑取½大匙餡料抹在餛飩皮上，把四角輕輕捏攏；或把餡料放在一角，摺到中間成三角形，再黏疊左右角使成元寶花狀；或包裹四角成方枕形（此法多在素菜餡時用）。
3. 高湯煮滾，放入餛飩滾起後續煮1分鐘，盛食前放下茼蒿（或菠菜，皆已去老殘莖葉、洗淨，撕成3公分長段）燙熟，分盛於碗。
4. 食前，每碗酌加②料、麻油、胡椒粉以增香味。

Method:

1. A.Shrimp & pork filling:
   Rinse shelled shrimp, drain; mince with ground pork, and mix well with ingredient ①.
   B.Pork & vegetable filling:
   Sprinkle salt on chopped green-stemmed vegetable, squeeze dry, mince with ground pork, add diced spiced beancurd and diced egg pancake, blend well with ingredient ① except ginger wine.
   C.Vegetable filling:
   Use the ingredients in filling B except for the ground pork; add 2 tablespoons of sesame oil and 1½ tablespoons of sugar.
2. Spread ½ tablespoon of filling on wonton skin; then pinch the four corners together gently; or place filling on one corner, fold the skin up to make a triangle, then pinch together the 2 outer corners; or fold into a square pillow shape (mostly for the one with vegetable filling) and pinch close.
3. Bring stock to a boil. Add wonton and bring to a boil. Let boil until wonton float to surface; cook for 10 minutes more. Put in washed tung-hao or spinach that has been torn into inch-long pieces. Parboil a short time. Remove and serve.
4. Add ingredient ②, sesame oil , and pepper to enhance the flavor.

豆沙餅

RED BEAN PANCAKES

材料：

紅豆225公克、沙拉油⅔飯碗。

①豬板油⅓飯碗、粗砂糖300公克、清水2～3大匙。

②中筋麵粉525公克、鹽½茶匙、豬油1～2大匙、清水適量。

Ingredients:

7.8 ounces red beans, ⅔ cup oil

①⅓ cup shortening or lard, 10.4 ounces brown sugar, 2～3 tablespoons water

②18.2 ounces plain wheat flour, ½ teaspoon salt, 1～2 tablespoons lard, some water

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主要營養成份**Major Nutrient Content:**

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	膽固醇 Cholesterol	總熱量 Total
95 g	203 g	816 g	1170mg	71mg	5399cal.

做法：

1. 紅豆撿去雜質後洗淨，浸入清水（水高過豆面5公分）4～6小時。
2. 把浸豆水倒掉，另煮1鍋清水，大滾後倒下紅豆煮至豆皮裂開。待稍涼放入果汁機中（加½清水）打成細糊，裝進乾淨的麵粉袋中，仔細紮緊袋口，用重石壓去水份（或放在脫水機中脫水），如此即是乾而純的豆沙（因連皮打故營養成份高）。
3. 炒鍋放入①料用小火煎煮，等糖溶解後（呈發亮的咖啡色）放下乾豆沙，改用中火並不停攪拌，直到水份蒸發而呈半乾狀即可。此時豆沙油亮黑紅，又香又膩滑，盛起並等分成75公克重的小圓球。
4. 將②料混合揉成光滑的麵糰，等切成若干塊（每塊約重112公克），搓圓後壓扁㨰成3公分厚的圓皮；中包一粒豆沙餡，將麵皮口仔細捏攏略加壓㨰。
5. 平底鍋入油燒熱，放下圓餅用中火烘煎，稍加翻面，見餅呈焦黃熟透，即可夾起供食。

Method:

1. Pick out impurities from red beans. Soak in water for 4～6 hours. The water surface must be higher than the red beans by 2 inches.
2. Pour out the water used to soak red beans. Bring another saucepan of water to a boil. Add red beans and cook till the skin of red beans splits open. When the beans are cool, drain and put on a mixer with ½ cup of water. Crush and mix. Pour the crushed red bean mixture into a clean gauze bag. Bind tightly. Dehydrate further by placing a heavy weight on top .The mashed red beans are ready when no longer wet.
3. Put ingredient ① on a frying pan. Boil over low heat. When sugar has melted and the mixture becomes shiny brown, add mashed red beans. Switch to moderate heat, keep stirring till half amount of water evaporates. At this moment, the red bean paste should be dark red and very fragrant. Remove and divide into 2.6 ounces balls.
4. Blend ingredient ② and knead into a smooth dough. Cut into 4 ounces pieces. Shape each piece into a round ball, flatten, then roll into 1-inch thick wrapping skins. Place red bean ball in the center, pinch the edges together carefully. Flatten slightly (be gentle).
5. Fry over moderate heat in a pan with ⅔ cup of oil. Turn from side to side. Fry till both sides are browned. Serve.

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燒賣

STEAMED SHAO-MAI

材料：

餛飩皮（或水餃皮）24張、五花絞肉（偏瘦）375公克、蝦仁（中大型）24隻。

Ingredients:

24 wonton skins (or dumpling skins), 13 ounces ground pork (85% lean), 24 shelled shrimps (medium to large size)

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主要營養成份**Major Nutrient Content:**

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	膽固醇 Cholesterol	總熱量 Total
82 g	207 g	127 g	2600mg	463mg	2719cal.

調味料：

①鹽1茶匙、薑酒汁½大匙、味精½茶匙、胡椒粉½茶匙。

②薑酒汁1½茶匙、太白粉2茶匙。

Seasonings:

①1 teaspoon salt, ½ tablespoon ginger wine, ½ teaspoon MSG, ½ teaspoon ground pepper

②1½ teaspoons ginger wine, 2 teaspoons cornstarch

做法：

1. 絞肉用①料拌勻醃置20分鐘。蝦仁洗淨滴乾水份，用②料亦醃置20分鐘。
2. 取餛飩皮（或水餃皮）1張，中置肉餡1½大匙，然後把麵皮擠攏，餡面壓平露出，在每粒燒賣餡上壓放1個蝦仁。
3. 將燒賣移置蒸籠中蒸25分鐘即可供食。

Method:

1. Blend ground pork well with seasoning ①; let stand for 20 minutes. Rinse shelled shrimps and drain. Marinate with seasoning ② for 20 minutes.
2. Place 1½ tablespoons of filling in the center of each wonton or dumpling skin. Pinch the edges to create a flower shape. Leave an opening in the center to let filling show a little. Place a shelled shrimp in the center.
3. Place shao-mai in a steamer; steam for 25 minutes. Remove. Serve.

備註：

1. 如不吃魚蝦類，可用鵪鶉蛋代替蝦仁。
2. 蒸籠上蒸鍋前，鍋中的水要多且已大滾的水蒸25分鐘計。

Notes:

1. If you don't like shrimps, you can use quail eggs instead.
2. Before steaming, remember to bring the water to a boil first.

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鍋貼

KUO-TIEH (FRIED DUMPLINGS)

材料：

五花絞肉300公克、韭黃屑¼飯碗、沙拉油¼飯碗、清水½飯碗。

①高筋麵粉525公克、清水適量。

Ingredients:

10.4 ounces ground pork (75% lean), ⅓ cup chopped chives, ¼ cup oil, ⅓ cup water

①19.2 ounces all-purpose wheat flour, some water

調味料：

鹽⅔茶匙、味精½茶匙、胡椒粉½茶匙、薑酒汁1½茶匙、麻油1½茶匙。

Seasonings:

⅔ teaspoon salt, ⅓ teaspoon MSG, ⅓ teaspoon ground pepper, 1½ teaspoons ginger wine, 1½ teaspoons sesame oil

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主要營養成份Major Nutrient Content:

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	膽固醇 Cholesterol	總熱量 Total
99 g	230 g	379 g	1690mg	210mg	3972cal.

做法：

1. 將①料調揉成光滑的麵糰，搓成直徑如拇指粗的長條，再切成等量的麵粒（大小如拇指端節），壓扁略沾乾麵粉擀成中厚邊薄的圓皮。
2. 絞肉和菜屑加入調味料拌勻。取2茶匙的份量置於麵皮中，捏合麵皮成長條狀(底平而狹長)。
3. 平底鍋入油（略熱），把鍋貼排放在鍋內，用中火煎1分鐘後，均勻地淋下清水並加蓋煎煮（注意改變火力大小），等水份全部吸乾（鍋中有嗤嗤聲時）才可打開鍋蓋，小心鏟起鍋貼，見底有焦黃色即可盛起供食。若焦色不夠，可再煎烤一下以增其香脆。

Method:

1. Mix ingredient ① well and knead into a smooth dough. Roll into a long strand as thick as the thumb. Cut into inch-long pieces. Flatten each piece and flour lightly. Roll each into a round skin thick in the center and thin at the edges.
2. Blend ground pork and chopped chives with seasonings. Put 2 teaspoons of this filling in the center of each wrapping. Pinch the edges. The bottom of each dumpling should be flat.
3. Pour oil in a frying pan. Heat slightly. Arrange dumplings in pan. Fry over moderate heat for 1 minute. Add water to the pan. Fry over moderate heat with cover on. When water is absorbed and there's a sizzling sound, remove the lid. If dumplings become scorched at the bottom, remove carefully. Otherwise you can continue frying for a while. Remove when the bottom of dumplings is scorched.

備註：

1. 和麵的清水可改用40°C的熱水，做出的麵皮較爲靱、軟。
2. 如嫌自己擀皮麻煩，可以買現成的水餃皮600公克代替。

Notes:

1. You can add water that is 100°F warm to flour. The dumpling skin will be more soft and elastic.
2. 1.3 pounds ready-made dumpling skins are also satisfactory if you prefer not making them yourself.

水餃

SHUEI-CHIAO (BOILED DUMPLINGS)

材料：

五花絞肉375公克、包心白菜（或韭菜、韭黃、蘿蔔、小白菜）300公克、開水1鍋、冷水3飯碗。

①中筋（或高筋）麵粉525公克、清水適量。

Ingredients:

13 ounces ground pork (75% lean), 10.4 ounces Chinese cabbage (or leeks, chives, turnip or white Chinese cabbage), 1 saucepan boiling water, 3 cups water

①19.2 ounces plain or all-purpose wheat flour, some water

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主要營養成份**Major Nutrient Content:**

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	膽固醇 Cholesterol	總熱量 Total
111 g	223 g	391 g	2470mg	263mg	3992cal.

調味料：

鹽1茶匙、糖1茶匙、味精⅓茶匙、白胡椒粉½茶匙、薑酒汁1大匙、麻油½大匙、清水（或高湯）⅓飯碗。

Seasonings:

1 teaspoon salt, 1 teaspoon sugar, ⅓ tablespoon MSG, ½ teaspoon white pepper powder, 1 tablespoon ginger wine, ½ tablespoon sesame oil, ⅓ cup water or stock

做法：

1. 包心白菜清理後，先燙軟再剁碎、擠乾水份（此法去除菜汁的苦澀味道），加上絞肉和調味料拌勻；在加入清水（或高湯）時要慢，同時用筷子順向攪拌，使水被肉餡充份吸收。
2. ①料依鍋貼調揉法揉成圓皮。取⅔大匙肉餡置於麵皮中，把麵皮摺捏如帽形合口。
3. 開水大滾後（一個一個的）放下餃子，立即用杓順向攪一次以免餃子黏鍋底；等滾起後加1碗冷水，再加蓋續煮，如此重複三次可使肉餡熟透，待最後一次滾起，即可熄火撈起供食。

Method:

1. Wash Chinese cabbage. Parboil to soften. Chop and squeeze dry. Add to ground pork and seasonings. Blend well. Remember to add water slowly and, at the same time, keep stirring clockwise to make sure the water is absorbed completely.
2. Knead ingredient ① into a dough. Follow the method used in Fried Dumplings to make dumpling skin. Put ⅔ tablespoon of filling in the center of the skin. Pinch the edges to make a boat-like shape.
3. Bring water to a boil. Put dumpling in one by one. Stir with spatula clockwise or dumplings will stick to the pan bottom. Bring to a boil. Add a cup of cold water. Keep cooking with cover on till boiling. Add water again. Repeat doing so three times to be sure that pork filling is thoroughly cooked. After the third boiling, turn off the heat. Remove and serve.

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葱油餅

GREEN ONION PANCAKES

材料：

中筋麵粉600公克、60°C熱水適量、葱屑1飯碗、豬油或沙拉油1飯碗、鹽2茶匙。

Ingredients:

20 ounces plain wheat flour, some 140°F (very hot) water, 1 cup chopped green onion, 1 cup lard (or vegetable oil), 2 teaspoons salt

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主要營養成份**Major Nutrient Content:**

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	膽固醇 Cholesterol	總熱量 Total
57 g	191 g	454 g	4680mg	171mg	3688cal.

做法：

1. 將麵粉、熱水混合後，搓揉成糰，等分成150～180公克重的麵糰。
2. 麵糰擀成1/8公分厚的麵皮，先抹一層油，撒些鹽、葱花，抹勻後捲成長條，將兩端捏緊盤成糰狀，再壓扁成餅形（此時手上有油，麵不會沾手）。
3. 平底鍋入油1大匙，用中火將餅煎至焦黃香脆即可食用。

Method:

1. Make dough by mixing flour and warm water together, then kneading. Divide into 5～5.6 ounces pieces.
2. Roll each piece into 1/8-inch thick slabs. Brush a layer of lard or oil on each piece. Sprinkle chopped green onion and salt evenly on top. Roll up. Close two ends by pinching them hard. Squeeze into a ball. Roll into a round pancake.
3. Put 1 tablespoon of oil in frying pan. Fry pancake over moderate heat till golden brown. Remove and serve.

備註：

燙麵製成的點心較爲酥脆柔軟而可口。

Note:

Pastry made from dough using very hot water is crispier.

jpepito王鼎汉

碎肉煎餅

GRILLED GROUND MEAT PANCAKES

材料

高筋麵粉600公克、70°C熱水適量、洋葱2粒（約300公克）、絞肉150公克、香菜屑2大匙、沙拉油1飯碗。

Ingredients:

20 ounces all-purpose flour, some 160°F (very hot) water, 2 onions, 5 ounces ground pork or beef, 2 tablespoons chopped coriander, 1 cup oil

jpepito王鼎汉

主要營養成份Major Nutrient Content:

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	膽固醇 Cholesterol	總熱量 Total
91 g	192 g	449 g	4940mg	105mg	3847cal.

調味料：

鹽2茶匙、味精½茶匙、糖½茶匙、胡椒粉½茶匙。

Seasonings:

2 teaspoons salt, ½ teaspoon MSG, ½ teaspoon sugar, ½ teaspoon ground pepper

做法：

1. 洋葱去皮及蒂尾洗淨，切成½公分細絲。
2. 炒鍋入油3大匙、將洋葱炒軟，趁熱倒進麵粉中，和絞肉、調味料攪拌成厚糊狀（若水份不夠，可酌加熱水）。
3. 平底鍋（或炒鍋）入油3～4大匙略熱，取糊料8大匙倒入鍋中烘煎，至兩面焦黃脆香即可食用。

Method:

1. Wash onions. Grate into ¼ inch shreds.
2. Heat 3 tablespoons of oil in frying pan. Stir-fry onion shreds till soft. Mix with flour, ground meat and seasonings when still hot; the paste is now ready. Hot water can be added if the paste is too thick.
3. Put 3~4 tablespoons of oil in frying pan. Heat slightly. Put 8 tablespoons of paste in pan. Fry till both sides are golden brown and crispy. Serve.

備註：

1. 此法免去餅皮、餡料分別做的麻煩。
2. 洋葱可用茄子、南瓜、瓠瓜、絲瓜、四季豆或青菜來代替。
3. 若家中有偏食之人，此道菜餅可促進食慾，避免偏食造成營養不良。

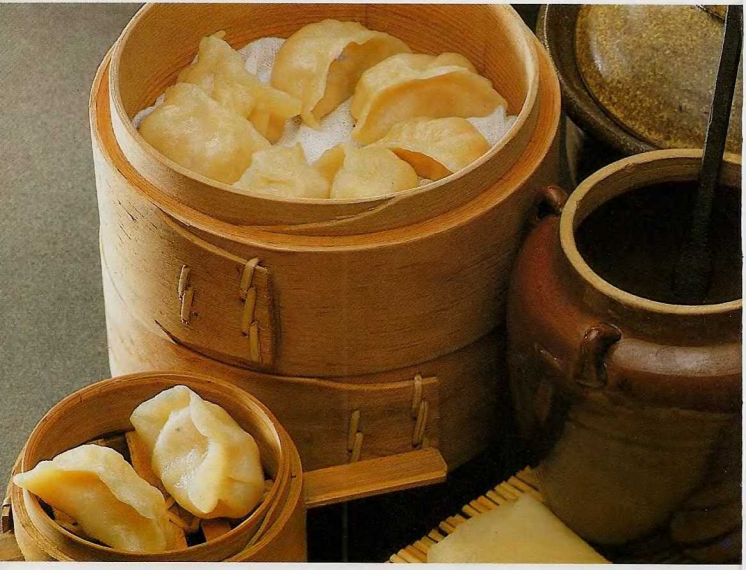
Notes:

1. This way of cooking pancakes saves a lot of time rather than preparing dough with separate filling.
2. Eggplant, pumkins, gourd, string beans and other vegetable can all be used to replace onion.

jpepito玉鼎汉

蒸餃

STEAMED DUMPLINGS



材料：

中筋麵粉600公克、70°C熱水適量(約1⅓飯碗)、豬絞肉375公克。

Ingredients:

21 ounces plain wheat flour, 160°F (very hot) water (about 1⅓ cups), 13 ounces ground pork

jpepito王鼎汉

主要營養成份Major Nutrient Content:

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	膽固醇 Cholesterol	總熱量 Total
100 g	227 g	444 g	4160mg	263mg	4162cal.

調味料：

薑酒汁1大匙、味精½茶匙、胡椒粉½茶匙、麻油2茶匙、鹽1½茶匙、清湯3大匙。

Seasonings:

1 tablespoon ginger wine, ½ teaspoon MSG, ½ teaspoon ground pepper, 2 teaspoons sesame oil, 1½ teaspoons salt, 3 tablespoons clear stock

做法：

1. 麵粉用熱水攪拌並揉至軟硬適中的麵糰，加蓋濕布放置醒20分鐘後，再揉至光滑細柔的麵糰。
2. 絞肉和調味料拌勻，攪至肉質起膠成餡料。
3. 麵糰等分成每粒約拇指大小的粒糰，再把每個粒團用棍擀成中厚邊薄的小圓片。
4. 每個圓片中包入約½大匙的餡料，對摺包起邊口捏緊。
5. 蒸籠內舖一片濕布或松葉或水草或菜葉，再排上包好的蒸餃，待蒸鍋水大滾，移上蒸8分鐘即可。

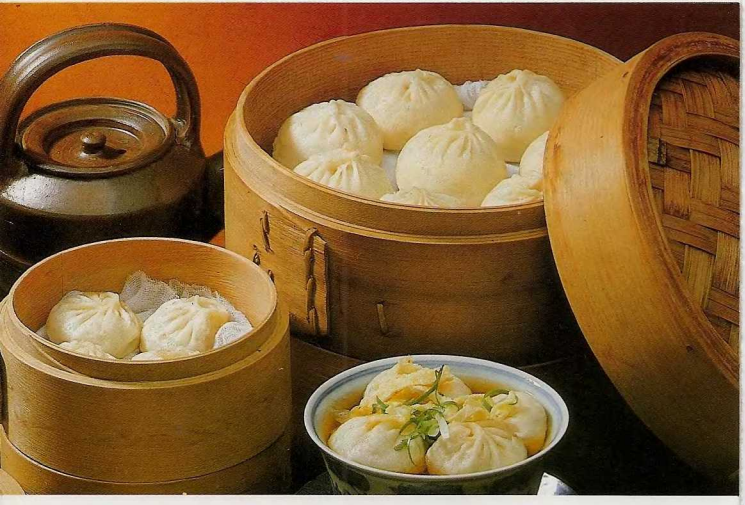
Method:

1. Blend flour with hot water. Knead to a dough that is neither soft nor stiff. Cover with damp cloth for 20 minutes. Knead to a smooth, shiny dough.
2. Mix ground pork with seasonings. Keep stirring till it becomes glue-like. This is the filling.
3. Divide dough into thumb-sized pieces. Roll each piece into a round wrapping, thick in the middle, thin at the edges.
4. Put ½ tablespoon of filling on each wrapping. Wrap each up to make a dumpling.
5. Put a piece of damp cloth or spread some straw on the bottom of steamer. Put dumplings on top. Steam over high heat for 8 minutes. Serve. (Put the dumplings in steamer after water is boiling.)

jpepito©王鼎汉

小籠包

SMALL STEAMED PORK BUNS



材料：

①中筋麵粉450公克、發粉1茶匙、糖½茶匙、豬油1大匙、15°C的溫水約½飯碗。

②五花絞肉600公克、香油½大匙、鹽1½茶匙、清水4大匙、薑酒汁1大匙、味精½茶匙、胡椒粉⅓茶匙。

③嫩薑絲⅓飯碗、醬油3大匙、醋3大匙（不食醋者可不加）。

Ingredients:

①15.6 ounces plain wheat flour, 1 teaspoon yeast, ½ teaspoon sugar, 1 tablespoon lard, ½ cup warm water (60°F)

②21 ounces ground pork, 1½ teaspoons salt, 1 tablespoon ginger wine, ⅓ teaspoon ground pepper, ½ tablespoon sesame oil, 4 tablespoons water, ½ teaspoon MSG

③⅓ cup tender ginger shreds, 3 tablespoons soy sauce, 3 tablespoons vinegar

jpepito王鼎汶

主要營養成份**Major Nutrient Content:**

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	膽固醇 Cholesterol	總熱量 Total
122 g	349 g	281 g	6995mg	434mg	4778cal.

做法：

1. 發粉加入溫水及糖，放置7分鐘左右，使發酵起泡。
2. 麵粉加入發粉水和豬油，搓揉成軟硬適中的麵糰（在搓揉中可酌加減水量）。
3. 揉好的麵糰放在一盆中，上面以指壓些深坑，略撒一些水然後加蓋。置常溫中（27°C左右）發酵3～4小時，等發起的麵糰約爲原來的3倍。
4. 把②料全部攪勻起膠作餡料。
5. 發麵再搓揉光滑，等分成375公克重1粒（約2個拇指大小）的小糰，每粒再擀成中厚邊薄的圓片。每片中包入約1大匙的餡料，把邊捏起合攏。全部做成後，加一濕布蓋好，再發酵10分鐘移入蒸籠，以大滾的水蒸12分鐘，即可取出沾③料食用。

Method:

1. Melt yeast and sugar in warm water. Let stand for 7 minutes. There will be bubbles.
2. Add the yeast mixture and lard to flour to make dough. If the dough is too soft, do not add water.
3. Put the dough in a basin. Press it with your fingers to make some holes. Sprinkle some water on top. Cover the basin. Let stand for 3～4 hours at room temperature (about 80°F). The completely leavened dough should be three times as large as the original dough.
4. Mix ingredient ② well to make filling.
5. Knead dough again till smooth and shiny. Divide into 1.3 ounces portions. Roll each one a round wrapping, thick in the middle, thin at the edge. Put 1 tablespoon of filling on top of each wrapping. Wrap each one up. Cover all buns with damp cloth. Let stand for 10 minutes. Put in steamer. Steam over high heat for 12 minutes. Serve with ingredient ③.

jpepito王鼎汉

花捲

HUA-CHUAN (STEAMED TWISTS)

材料：

高筋麵粉600公克、低筋麵粉150公克、發粉2茶匙、砂糖1½大匙、豬油2大匙、白醋1½茶匙、溫水2飯碗（15°C～20°C）。

①豬油2大匙、葱花屑½飯碗、鹽½大匙。

Ingredients:

21 ounces all-purpose flour, 5.2 ounces cake wheat flour, 2 teaspoons yeast, 1½ tablespoons sugar, 2 tablespoons lard, 1½ teaspoons white vinegar, 2 cups warm water (60°～70°F)

① 2 tablespoons lard, ½ cup chopped green onion, ½ tablespoon salt

jpepito王鼎汉

主要營養成份Major Nutrient Content:

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	膽固醇 Cholesterol	總熱量 Total
84 g	71 g	553 g	3900mg	57mg	3185cal.

做法：

1. 溫水加砂糖先攪勻，再放下發粉，等7分鐘後發酵成有泡沫的發酵水。
2. 兩種麵粉混合後，加入豬油、白醋、發酵水。
3. 將麵粉攪勻，搓揉成麵糰，置盆中。上面壓些坑洞，撒少許水，加蓋等發酵成發麵糰（約4小時左右）。
4. 把發好麵糰搓成細滑麵糰，再等分成約100公克大的麵球。
5. 把每一個麵糰擀成厚度約0.3公分的大薄片，把①料酌量塗放在麵片上。
6. 把麵片由兩邊側向內捲起到中間碰緊，翻一面，再由另兩端向中捲折成互疊，再用筷子用力橫壓一下。全部做好再蓋濕布，第二次醒約10～20分鐘。
7. 蒸籠鋪一方濕布，把醒好的麵捲放入，用滾水大火蒸20～25分鐘即可。

Method:

1. Melt sugar in warm water. Add yeast to sugar water. Let stand for 7 minutes. There will be bubbles.
2. Mix the flours together. Add lard, white vinegar and the yeast mixture to flour.
3. Blend well. Knead into a dough. Put dough in a basin. Press it with your fingers to make some holes. Sprinkle some water on top. Cover the basin. Let stand for 4 hours; it should be completely leavened by then.
4. Knead dough again until smooth and shiny. Divide into 3.2 ounces portions.
5. Roll each one into a very thin piece. Spread some ingredient ① on each piece.
6. Roll two opposite sides of each piece inward till two ends meet. Turn over. Fold the two far ends toward the center, allowing the two parts to overlap. Press with a chopstick to make a cross line. Cover all the hua-chuan with a damp cloth. Let stand for 10～20 minutes.
7. Put a piece of damp cloth on the bottom of steamer. Place hua-chuan on top. Steam over high heat for 20～25 minutes. Serve.

饅頭

MAN-TOU (STEAMED BREAD)

材料：

高筋麵粉600公克、低筋麵粉150公克、發粉2茶匙、砂糖1½大匙、豬油2大匙、白醋1½茶匙、溫水(15°C～20°C)約2飯碗。

Ingredients:

21 ounces all-purpose flour, 5.2 ounces cake wheat flour, 2 teaspoons yeast, 1½ tablespoons sugar, 2 tablespoons lard, 1½ teaspoons white vinegar, 2 cups warm water (60°～70°F)

jpepito王鼎汉

主要營養成份**Major Nutrient Content:**

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	膽固醇 Cholesterol	總熱量 Total
84 g	41 g	553 g	——	28mg	2914cal.

做法：

1. 溫水加砂糖先攪溶，再放下發粉，等7分鐘後發酵起泡沫。
2. 兩種麵粉混合後加豬油、白醋和發粉水，搓揉成糰，置盆中，壓些坑洞並撒些水，加蓋後置27°C左右常溫中約4小時，膨起約3倍。
3. 把發起的麵糰搓揉成光滑的麵糰，再揉成圓形（直徑約10公分），用刀切約三指寬的塊。
4. 切好的條塊不再搓揉，蓋上濕布再發25分左右，移入蒸籠用滾水大火蒸20分鐘即可。
5. 喜歡吃較靱的，可把切塊的麵糰敷少許乾粉，再搓揉成圓型，同樣再醒發才蒸食。

Method:

1. Melt sugar in warm water. Add yeast. Let stand for 7 minutes. There will be bubbles.
2. Mix the flours well. Add lard, white vinegar and the yeast mixture to the flour to make a dough. Place it in a basin. Press the dough with your fingers to make some holes. Sprinkle some water on top. Cover the basin. Let stand for 4 hours. The leavened dough should be three times as large as large as the original.
3. Knead the leavened dough again till smooth and shiny. Roll it into a long shape that is 3 inches in diameter. Cut with knife into 2-inch long sections.
4. Cover all sections with damp cloth. Let stand for 25 minutes. Put into steamer. Steam over high heat for 20 minutes. Serve.
5. If you want the man-tou to be more elastic, add some flour to the cut sections. Knead each one well. Make into round shapes, then steam it.

備註：

1. 凡做發粉，當麵粉發酵膨起後，必定要再揉再醒，再揉時並可適量地敷加乾粉，以免沾水沾桌。
2. 揉麵時，除饅頭外，最好用壓揉法，不可用洗衣搓揉法，否則易發生膨脹不良的後果。

Notes:

1. When making leavened dough, remember to knead again after it has expanded. Flour can be added during your second kneading if the dough is too sticky.
2. When kneading dough for man-tou, use a pressing motion rather than a rubbing or pushing motion as when washing clothes.

jpepito王鼎汶

銀絲捲

YING-SU-CHUAN
(STEAMED SHREDDED ROLLS)

材料：

①高筋麵粉150公克、低筋麵粉600公克、發粉2½茶匙、砂糖1½大匙、豬油2大匙、白醋1½茶匙、溫水約2飯碗(15°C～20°C)。

②肥豬肉（切細屑）½飯碗、細砂糖⅓飯碗。兩者拌醃在一起，放在冰箱中。

Ingredients:

①5.2 ounces all-purpose flour, 21 ounces cake wheat flour, 2½ teaspoons yeast, 1½ tablespoons sugar, 2 tablespoons lard, 1½ teaspoons white vinegar, 2 cups warm water (60°～70°F)

②½ cup chopped pork fat, ⅓ cup sugar (Mix together. Store in refrigerator.)

jpepito王鼎汉

主要營養成份**Major Nutrient Content:**

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	膽固醇 Cholesterol	總熱量 Total
72 g	133 g	652 g	——	114mg	4013cal.

做法：

1. 溫水加砂糖攪溶，加發粉，約7分鐘後會發酵起泡沫。
2. 二種麵粉混合，加豬油、白醋、發粉水，搓成軟硬適中的麵糰，並置一盆中，以指壓些坑洞，撒些水，加上蓋，放在27°C常溫中，4小時後膨發成3倍左右。
3. 將發好麵糰再揉成光滑麵糰，分成二份，其比例爲1：2。
4. 把較大的麵糰擀成0.3公分厚的麵皮，並把拌醃的碎肥豬肉一半塗勻在麵皮上，把麵皮捲折起來，再用擀麵棍擀成麵片。以剩下的碎肥豬肉，再塗抹均勻後，將麵片折起成寬約10公分的片條，用刀切成絲。全部切好後，等分會若干束。
5. 將較小的麵糰也等分成若干小粒糰，每個粒糰擀成15×15公分的圓薄片。再取切絲的小麵束放在中央，把麵皮包成橢圓形，加布蓋好再醒發20分鐘，用滾水大火蒸25分鐘即可。

Method:

1. Melt sugar in warm water. Add yeast. Let stand for 7 minutes. There will be bubbles.
2. Mix the flours together. Add lard, white vinegar and the yeast mixture to the flour to make a dough. Place it in a basin. Press the dough with fingers to make some holes. Sprinkle some water on top. Cover the basin. Let stand for 4 hours at room temperature (about 80°F). It will expand to three times its original size.
3. Knead the leavened dough again till smooth and shiny. Divide into two parts. One part should be twice as large as the other part.
4. Roll the larger part into thin pieces. Spread half of the pork fat and sugar mixture evenly on top of each piece. Roll the piece up. Press the roll into a flat piece. Spread the rest of the pork fat and sugar mixture on half of the piece. Fold the piece up to make a 4-inch wide piece. Shred the piece with knife. Divide the shreds into several bundles.
5. Divide the smaller dough into several small parts. Roll each one into a 6″× 6″ thin, round piece. Put a bundle of shredded dough in the middle of each piece. Wrap each one up to an oval shape. Cover all ying-su-chuan with damp cloth for 20 minutes. Steam over high heat for 25 minutes. Serve.

ipepito玉鼎汉

千層糕

LAYERED CAKE

材料：

①低筋麵粉600公克、溫水(15°C～20°C)約1飯碗、發粉2茶匙、砂糖1大匙。

②肥豬肉碎屑½飯碗、砂糖⅓飯碗、青紅絲屑4大匙。

③液態豬油3大匙、毛刷1支。

Ingredients:

①21 ounces cake wheat flour, 1 cup warm water (60°～70°F), 2 teaspoons yeast, 1 tablespoon sugar

②½ cup chopped pork fat, ⅓ cup sugar, 4 tablespoons green and red marinated papaya shreds (Mix well. Divide to six parts. Store in refrigerator for 1 day.)

③3 tablespoons melted lard, 1 brush

jpepito王鼎汉

主要營養成份Major Nutrient Content:

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	膽固醇 Cholesterol	總熱量 Total
59 g	171 g	509 g	——	148mg	3777cal.

做法：

1. ①料依照饅頭、銀絲捲等發麵法發好。
2. ②料全部混合拌勻，在冰箱中放置1天，並等分成6份。
3. 用擀麵棍將發好的麵糰擀成0.3公分厚的大薄片，用毛刷沾豬油刷右麵皮上；取1份②料舖放在麵皮中間（寬度的⅓）；取另（⅓的）一邊折蓋在中間，刷一層油舖撒1份②料，再折蓋剩下(⅓)的麵皮，使成一寬約20公分而有層次的扁條片。
4. 扁條片用擀麵棍略加滾壓，重複做法3.的方法，折疊、刷油、舖撒②料，如此一麵塊已有9層之多。
5. 在最上一層舖撒②料，略加葡萄乾增色。整塊醒發20分鐘後，移入蒸籠以大火蒸25分鐘即可。

Method:

1. Make leavened dough according to instructions for Man-tou or Ying-su-chuan.
2. Roll the dough into a large, thin piece. Brush some lard on this. Spread one part of ingredient ② in the center of the piece. The mix should cover ⅓ of the piece. Fold ⅓ of the piece to the middle. Brush some lard on this. Spread one part of ingredient ② on top of the folded piece. Fold the remaining one third up to make an 8-inch wide piece.
3. Press this flat (silghtly). Repeat above step. You will have 9 layers. Spread remained ingredient ② and some raisins on top. Let stand for 20 minutes. Steam over high heat for 25 minutes. Serve.

jpepito王鼎汉

水蒸蛋糕

STEAMED CAKE

材料：

低筋麵粉300公克、泡打粉2茶匙、鷄蛋4個、砂糖225公克、酒1½茶匙、葡萄乾（或龍眼乾）2大匙、中型蒸籠1個、玻璃紙1張。

Ingredients:

10 ounces cake wheat flour, 2 teaspoons baking powder, 4 eggs, 7.2 ounces sugar, 1½ teaspoons wine, 2 tablespoons raisins, 1 medium steamer, 1 piece cellophane

主要營養成份**Major Nutrient Content:**

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	膽固醇 Cholesterol	總熱量 Total
58 g	38 g	459 g	——	1400mg	2379cal.

做法：

1. 麵粉、泡打粉仔細拌勻，篩2次。
2. 蛋和糖用打蛋器打到發起，(打蛋器拿開時，帶起的泡沫尖峯不會立即消失)。
3. 在蛋汁中加入酒、泡打粉和部分葡萄乾，全部混合均勻。
4. 蒸籠中舖玻璃紙（抹油），麵糊倒入後入蒸鍋（水已大滾）用大火蒸20～25分鐘即可。
5. 蒸到15分鐘時，打開籠蓋撒下剩餘的葡萄乾，再加蓋續蒸至熟透。

Method:

1. Mix flour and baking powder well. Sift twice.
2. Beat eggs and sugar well (till some bubbles stay on the beater for a while when you lift it).
3. Add wine, flour, and part of raisins. Mix well.
4. Spread cellophane on the bottom of the steamer. Brush some oil on cellophane. Pour the batter in. Steam over high heat for 20～25 minutes. Water in steamer should be boiling before you place the cake batter in.
5. After 15 minutes of steaming, spread remaining raisins on cake. Cover the steamer. Steam till well done.

做法：

1. 葡萄乾分二次放，是爲避免全部沉入糕底。
2. 蛋打得不夠或過度都會影響成品效果。
3. 此法做蛋糕十分簡易，可常試做。

Method:

1. If you put all raisins in once, they will all sink to the bottom.
2. Do not over or under-beat the eggs.

開口笑

SMILING MUFFINS

材料：

鷄蛋2個、特細砂糖⅔飯碗、清水適量、炸油1鍋、豬油1½大匙、芝麻⅓飯碗。

①低筋麵粉600公克、中筋麵粉150公克、蘇打粉1茶匙、泡打粉½大匙。

Ingredients:

2 eggs, ⅔ cup sugar, some water, 5 cups oil for frying, 1½ tablespoons lard, ⅓ cup sesame seeds

①20 ounces cake wheat flour, 5 ounces plain wheat flour, 1 teaspoon baking soda, ½ tablespoon baking powder

jpepito王鼎汉

主要營養成份**Major Nutrient Content:**

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	膽固醇 Cholesterol	總熱量 Total
92 g	166 g	656 g	——	719mg	4386cal.

做法：

1. 將①料混合後用篩篩過。
2. 蛋打散與豬油一起放入混合的①料中，加清水揉搓成糰，蓋布醒20分鐘，再搓成擀麵棍狀，等分看若干小粒。
3. 將粒狀小糰搓圓，在芝麻中滾拌均勻。
4. 炸油燒七分熱後，投入滾過芝麻的小球，用中火慢慢炸（須不停翻動），至麵球自然裂開，呈金黃色即可撈起，滴淨餘油，香酥可口。

Method:

1. Mix ingredient ① well. Sift.
2. Beat eggs well. Add egg batter and lard to ingredient ①. Add some water to make a dough. Cover with damp cloth for 20 minutes. Shape it into a long roll. Cut into several pieces.
3. Rub each piece into a ball. Coat each ball with sesame seeds by rolling the balls in a dish of sesame seeds.
4. Heat oil for frying to over-moderate heat. Fry the balls over low to moderate heat. Keep stirring during frying. Fry till the balls split open and look golden brown. Ladle out. Drain off oil. These taste crispy and delicious.

備註：

上述①料中的泡打粉，係蛋糕用發粉。

菊花酥

CHRYSANTHEMUM PASTRY

材料：

①油酥餡：高筋麵粉75公克、低筋麵粉225公克（混合篩勻）、豬油180公克。

②水油酥皮：高、低筋麵粉各150公克（混合篩勻）、豬油37.5公克、水適量。

③紅豆沙½飯碗

Ingredients:

①For oiled filling: 7.8 ounces cake wheat flour, 2.6 ounces all-purpose flour, 5.2～6.5 ounces lard (Sift flour. Mix flours together.)

②For watered and oiled wrapping: 5.2 ounces all-purpose flour, 5.2 ounces cake wheat flour, 1.3 ounces lard, some water (Sift flour. Mix flours together.)

③½ cup red bean mash

jpepito王鼎汉

主要營養成份**Major Nutrient Content:**

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	膽固醇 Cholesterol	總熱量 Total
92 g	349 g	574.5 g	——	323mg	5757cal.

做法：

1. ①料充份搓揉成糰，等分成拇指大小圓粒。
2. ②料亦搓揉成軟硬適中的麵糰，再等分成比拇指略大的球粒。
3. 取1份②料包起1份①料（包法如湯糰），用擀麵棍擀成厚0.5公分的長橢圓片，滾捲成筒條後再擀成厚0.5公分的橢圓片（較第一次窄），再滾捲成小筒條。
4. 每份①料、②料都做成小筒條。再一個個擀成4指寬的扁圓片，包入1粒豆沙，小心捏攏（如有多出要去掉）揉成圓球。
5. 在球粒光面處用鋒利的小刀片切割出「米」型花紋，長度約是圓球周長的⅔，不可切得的太深而露出豆沙餡。
6. 一大鍋油（最好用平底鍋）加至六分熱，將切好的酥球投入。保持花面向上，用中火慢慢泡炸至開花（約12～15分鐘），小心挾起，滴乾油即可供食。

Method:

1. Knead ingredient ① into a dough. Divide into thumb-sized pieces.
2. Knead ingredient ② into a dough. Divide into pieces larger than thumb.
3. Wrap oiled filling with watered and oiled wrapping to make a small ball. Roll to a thin, oval-shaped piece. Roll from the far end to make a long roll. Press the roll flat to make a thin, oval-shaped piece again. This piece should be narrower than the first one. Roll it up from the far end to make another roll.
4. Roll each small roll into flat, round pieces 2 inches in diameter. Wrap each red bean mash ball within a piece of the wrapping. Close each one tightly. Remove any tags.
5. Cut each one with a sharp kinfe to make 米 pattern. Do not cut too deeply. The filling should not be exposed. Put all pastries in a pan with moderately hot oil in it. Keep the side with cut pattern on top. Fry over low to moderate flame for 12～15 minutes. Remove carefully. Drain oil out.

jpepito王鼎汉

燒餅

SHAO-PING (BAKED CAKE)

材料：

①油酥餡：中筋麵粉150～225公克、鹽1大匙、豬油225公克、味精½茶匙、芝麻醬1大匙。

②水油酥皮：高、低筋麵粉各375公克、豬油1大匙、70°C溫水約1½飯碗。

③黑、白芝麻各1½大匙。

Ingredients:

①For oiled filling:

5.2～7.8 ounces plain wheat flour, 1 tablespoon salt, 7.8 ounces lard, 1 tablespoon sesame paste, ½ teaspoon MSG

②For watered and oiled wrapping:

13 ounces all-purpose flour, 13 ounces cake wheat flour, 1 tablespoon lard, 1½ cups 160°F hot water

③1½ tablespoons black sesame seeds, 1½ tablespoons white sesame seeds

jpepito王鼎汉

主要營養成份Major Nutrient Content:

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	膽固醇 Cholesterol	總熱量 Total
78 g	32 g	521 g	——	22mg	2733cal.

做法：

1. 芝麻洗淨，滴乾水份，曬乾。
2. ①料（除芝麻醬外）混合，用中小火炒香（約5分鐘）後再入芝麻醬拌炒均勻（約2分鐘），盛起待涼。
3. ②料全部混合搓揉成糰，蓋濕布醒20分鐘後再搓揉一次，等分成約75～115公克重的麵塊。
4. 將麵塊擀成厚0.3公分的橢圓片，將½大匙①料遍塗在麵皮上，滾捲成小筒條後（接口向上）用手壓一壓，用擀麵棍把筒條一端2公分處，向前推壓至極薄，再退回將其餘部份壓擀成寬約5指的扁片，長約15公分，再推捲成（10×5公分）捲條；接口處沾少許芝麻，翻面再擀成厚0.5公分、長15公分、寬6～7公分的厚片，即是燒餅。
5. 取淨炒鍋先用中火加熱1～2分鐘，改中小火把做好的燒餅排放在內，加蓋烘烤3分鐘（隨時轉動鍋子，以免焦色不勻），開蓋改中火，翻面再烘2分鐘，至兩面都略帶焦香即可取食。
6. 有時餅中間會因熟膨脹，趁熱用手撕開，夾入油條或滷肉片等都十分可口。

Method:

1. Rinse sesame seeds. Drain.
2. Mix ingredient ① except sesame paste together. Stir-fry over low to medium flame for about 5 minutes. Add sesame paste. Stir-fry for 2 minutes. Remove. Let it cool.
3. Knead ingredient ② into a smooth dough. Cover with damp cloth for 20 minutes. Knead again. Divide to 2.5～3.9 ounces cubes.
4. Roll each one into thin, oval-shaped pieces. Spread ½ tablespoon of the oiled filling on top. Roll it up from one of the far ends. Press the roll slightly flat with hands. Use a rolling pin to make about 1 inch of one end flat. Roll all remaining parts slightly flat. Roll the piece up from the thick end to make a 2″×5″ piece. Coat with some sesame. Put the sesame-side down. Roll the piece into a 3″×6″ flat piece. It should be ¼ inch thick.
5. Heat a clean frying pan over moderate heat for 1～2 minutes. Turn the heat down a little. Put shao-ping in the pan. Bake with cover on over low to moderate heat for 3 minutes. Turn the other side up. Switch heat to moderate. Bake for 2 minutes. Turn the other side up. Repeat doing above steps till both sides are scorched. Serve. You can wrap spiced meat slices or yiu-tiao with shao-ping.

jpepito主廚汉

湖州肉粽

HUCHOW STYLE TSUNG-TZU (GLUTINOUS RICE DUMPLINGS)

材料：

圓糯米酌量（600公克約包6～8個）、五花豬肉（偏瘦）300公克、鹽⅓茶匙、粽葉及水草繩適量。

Ingredients:

20 ounces glutinous rice, 10 ounces pork belly, ⅓ teaspoon salt, some bamboo leaves, some straw

調味料：

醬油⅓飯碗、米酒、味精各少許。

Seasonings:

⅓ cup soy sauce, some rice wine, some MSG

jpepito王鼎汉

主要營養成份**Major Nutrient Content:**

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	膽固醇 Cholesterol	總熱量 Total
79 g	172 g	463 g	3930mg	210mg	3793cal.

做法：

1. 豬肉去皮，切成5公分長條（比拇指略粗），用調味料浸泡一夜。
2. 糯米洗淨，用浸過肉的醬油汁加鹽拌勻，停置10分鐘後再拌，務求米色均勻。
3. 粽葉2張背背相對（已經處理），由葉蒂¼處回折成一直角匙狀。取約2大匙米舖在葉匙內，肉條直放其中，再舖2大匙米蓋滿肉條（注意，米要填實）。托葉匙的手一定要保持形狀以配合另一手的動作。
4. 將粽葉剩餘部分由米未處折蓋上去，在折處把兩邊的角折好（注意壓緊粽身）。粽身由托葉的手全部握住，另一手將蓋葉部分捏合折下。
5. 用草繩先將折葉處繞緊紮好，再繞緊整個粽身。因湖州粽身較長，要分兩段紮結，和一般粽子不同。
6. 粽子全部包好後置於大鍋內，入冷水（浸過粽子10公分）用大火煮滾後改以中水火續煮4小時，熄火並燜1小時，即可取出食用。

Method:

1. Remove skin from pork belly. Cut into 2-inch wide strips. Soak with seasonings overnight.
2. Wash rice. Blend well with salt and the sauce used to soak meat. Let stand for 10 minutes. Blend again.
3. Put 2 pieces of bamboo leaves together back to back. Fold one fourth of the leaves from the stems up to make a right angle. Put 2 tablespoons of rice in. Lay meat strips on top. Put another 2 tablespoons of rice on top of meat. (Remember to press the rice down hard.) Keep the leaves still when doing the above steps.
4. Cover the rice by folding over the remaining portion of the leaves. Make angles at the ends. Hold it still. Wrap neatly and tightly.
5. Fasten tightly with straw.
6. Put tsung-tzu in a large saucepan. Add cold water to cover all tsung-tzu. (The water surface should be 3 inches higher than tsung-tzu.) Bring to a boil over high heat. Simmer over low to moderate heat for 4 hours. Turn off fire. Leave covered for 1 hour. Remove and serve.

備註：

湖州粽因久煮又紮得緊，米粒糊而不爛；餡肉肥的部份化而不散，瘦肉鬆而鮮美，味香潤膩極富彈性。

Note：

Being cooked for a long time and fastened tightly, the Huchow style tsung-tzu is elastic and delicious.

jpepito王鼎汉

碱粽

CHIEN-TSUNG (YELLOW TSUNG-TZU)

材料：

圓糯米600公克、碱粉12公克（或碱油1大匙）、粽葉和水草繩適量、 清水1大鍋。

Ingredients:

21 ounces glutinous rice, 0.4 ounces sodium bicarbonate, some bamboo leaves, some straw, 1 saucepan water

jpepito王鼎汉

主要營養成份**Major Nutrient Content:**

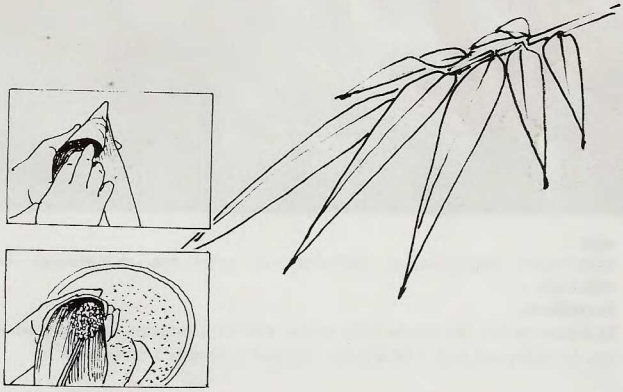
蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	膽固醇 Cholesterol	總熱量 Total
39 g	7 g	461 g	——	——	2124cal.

做法：

1. 米洗淨，加入碱粉拌勻，放置1～2小時即可取用（時間太短米不容易煮化，太久又會失去粘性，均不適宜）。
2. 碱粽的包法和肉粽一樣，但只要一張葉子，但米量不可過多，約七分滿即可，因此包時雙手要合作捏出一個空架子的粽子形狀來。
3. 把包好的粽子放入鍋中，注意水要蓋過粽子，滾煮4小時，熄火再燜1小時，即可取食。

Method:

1. Wash rice, Blend with sodium bicarbonate. Let stand for 1～2 hours.
2. Use only one leaf to make chien-tsung. Do not put too much rice in tsung-tzu.
3. Put tsung-tzu in a saucepan full of water. Bring to a boil. Let boil for 4 hours. Turn off the fire. Let cover for 1 hour. Serve.



jpepito王鼎汉

河粉捲

HO-FEN ROLLS (RICE ROLLS)

材料：

河粉600公克、鮮蝦仁300公克、豬肥肉屑1大匙、豬油½大匙、香菜屑2大匙、沙拉油2大匙。

Ingredients:

21 ounces ho-fen, 10.3 ounces fresh shelled shrimps, 1 tablespoon chopped pork fat, ½ tablespoon lard, 2 tablespoons chopped coriander, 2 tablespoons oil

jpepito王鼎汉

主要營養成份**Major Nutrient Content:**

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	膽固醇 Cholesterol	總熱量 Total
77 g	55 g	159 g	4030mg	610mg	1453cal.

調味料：

①薑酒汁1大匙、鹽⅓茶匙、胡椒粉⅓茶匙、太白粉½大匙。

②海鮮醬2大匙、鹽1茶匙、味精½茶匙、太白粉½大匙、高湯½飯碗、香菜屑2大匙。

Seasonings:

①1 tablespoon ginger wine, ⅓ teaspoon salt, ⅓ teaspoon ground pepper, ⅓ tablespoon cornstarch

②2 tablespoons seafood sauce, 1 teaspoon salt, ⅓ teaspoon MSG, ½ tablespoon cornstarch, ½ cup stock, 2 tablespoons chopped coriander

做法：

1. 蝦仁洗淨瀝乾，和肥肉屑同用①料醃置20分鐘。
2. ②料用沙拉油炒煮滾起，即爲淋料。
3. 河粉打開成片一切爲二，蝦仁肉屑分舖在上，再包捲成三指寬條。
4. 取1大盤（上抹豬油），河粉捲排放於上，移置蒸鍋（水已大滾）用中大火蒸7～8分鐘即可，食前淋加②料。

Method:

1. Rinse shelled shrimps. Marinate with seasoning ① and chopped pork fat for 20 minutes.
2. Stir-fry seasoning ② with oil. Remove when comes to a boil.
3. Spread open ho-fen. Cut into two parts. Put shrimps and pork fat mixture on top evenly. Roll it up to make two 1½-inch wide sticks.
4. Brush lard on a plate. Put ho-fen rolls on top. Steam for 7～8 minutes over moderate to high heat. (Put ho-fen rolls in steamer after water in steamer is boiling.) Pour seasoning ② on top. Serve.

備註：

除鮮蝦外，亦可用豬肉、牛肉爲餡料。

Note:

Pork and beef can be used instead of shrimps.

jpepito王鼎汶

粿粽

KUO-TSUNG

材料：

蘿蔔乾絲（或蘿蔔乾）½飯碗、豬夾心肉225公克、蝦米乾4大匙、紅蔥頭屑4大匙、粽葉及水草繩適量、沙拉油4大匙、滾開水約6飯碗。

①在來米粉600公克、糯米粉75公克。

Ingredients:

½ cup dried turnip shreds, 7.8 ounces pork belly, 4 tablespoons dried baby shrimps, 4 tablespoons chopped red scallion bulbs, some bamboo leaves, some straw, 4 tablespoons oil, 6 cups boiling water

①21 ounces tsai-lai rice powder, 2.6 ounces glutinous rice powder

調味料：

鹽1茶匙、醬油1½大匙、糖½大匙、味精⅓茶匙、太白粉水1大匙、酒½大匙。

Seasonings:

1 teaspoon salt, 1½ tablespoons soy sauce, ½ tablespoon sugar, ⅓ teaspoon MSG, 1 tablespoon cornstarch paste, ½ tablespoon wine

jpepito王鼎汉

主要營養成份Major Nutrient Content:

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	膽固醇 Cholesterol	總熱量 Total
89 g	185 g	572 g	3886mg	308mg	4411cal.

做法：

1. 將①料仔細拌勻，然後徐徐倒入滾開水並攪拌成糊狀（以略偏濕軟且能保持形狀爲最佳）。
2. 蘿蔔乾絲浸水10分鐘，洗淨擠乾水份；豬肉切大丁粒；蝦米浸水20分鐘，撈起備用。
3. 炒鍋入油，先入紅葱頭炒香，再入蝦米、肉丁和蘿蔔乾絲炒勻，注意邊炒邊放調勻的②料，約炒3分鐘後即可盛起做餡。
4. 取一處理過的粽葉，在內層刷勻沙拉油，然後折捲起來，先舀入1½大匙米糊做底，放入1大匙餡料，再蓋上1½大匙米糊，然後包紮成粽子，放入蒸鍋蒸40分鐘即可（注意每10分鐘要開蓋一次，以免粽子脹破影響美觀）。

Method:

1. Mix ingredient ① well. Add boiling water to the mixture little by little. Stir while adding water.
2. Soak dried turnip shreds in water for 10 minutes. Squeeze dry. Cut pork into large cubes. Soak dried baby shrimps in water for 20 minutes. Drain.
3. Put oil in a frying pan. Stir-fry chopped red scallion bulbs for a few seconds. Add dried baby shrimps, pork cubes and dried turnip shreds and stir-fry. Add seasonings as stir-frying. (Mix seasonings well in advance,) Stir-fry for 3 minutes. Remove. This is the filling.
4. Brush oil evenly on the inner side of bamboo leaves. Fold it up. Put 1½ tablespoons of the rice powder paste in the bottom. Put 1 tablespoon of the filling on top. Cover with 1½ tablespoons of rice powder paste. Wrap it up to make tsung-tzu. Put in steamer. Steam for 40 minutes. (Remember to remove the cover once every 10 minutes, or tsung-tzu will split open.)

備註：

1. 其他亦可用艾草、鼠麵草、芥菜、南瓜、菠菜、胡蘿蔔等來調色、調味。
2. 客家人有一種粄粽和粿粽很相似，惟其皮料是用糯米600公克和麵粉56公克加水調製而成，餡料則用麵筋、香椿、乾豆皮……等做成。包餡後米糰外要抹油再包入粽葉中。

Notes:

1. Mustard greens, pumpkin, spinach, carrot, etc. can all be used as ingredients.
2. You can also use 21 ounces of glutinous rice, 2 ounces of flour and some water to replace the rice powder.

jpepito生鼎汉

炸芝麻薯球

FRIED SESAME BALLS

材料：

元宵粉（糯米粉）225公克、紅心蕃薯150公克、特細砂糖1大匙、60°C熱水適量、芝麻½飯碗、炸油1鍋。

Ingredients:

7.8 ounces yuan-hsiao powder, 1 sweet potato, red meat (about 5.2 ounces), 1 tablespoon fine sugar, some 140°F (very hot) water, ½ cup sesame, 5 cups oil for frying

jpepito王鼎汉

主要營養成份Major Nutrient Content:

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	膽固醇 Cholesterol	總熱量 Total
25 g	128 g	233 g	——	——	2167cal.

做法：

1. 蕃薯去皮洗淨切成片塊，蒸熟後趁熱壓爛，倒入元宵粉中加糖、熱水揉和成糰，搓揉光滑後等分成若干小糰，滾沾芝麻再稍壓緊。
2. 芝麻球投入七～八分熱油中，以中火用鍋鏟不停擠壓芝麻球，球體會不停膨脹2～3倍，待色呈焦黃即可撈起去油供食。

Method:

1. Peel sweet potato. Cut into small pieces. Steam till well done. Smash while still hot. Mix with yuan-hsiao powder, sugar and warm water to make a dough. Knead till smooth and shiny. Divide into several small balls. Coat with a layer of sesame on top each.
2. Put in moderately hot oil. Deep fry over medium flame. Keep stirring with a spatula during frying. After 1～2 minutes, press each ball with the spatula. The balls will expand to 2～3 times their original size. Ladle out when browned. Drain. Serve.

備註：

1. 麵糰可先包餡再沾芝麻去炸。
2. 元宵粉加鮮蕃薯泥，可使球體膨脹而不破裂，故要特別留意。

Notes:

1. You can stuff the balls with a filling, then fry.
2. Adding sweet potato mash in the yuan-hsiao powder will make the balls expand but not split.

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春餅二式

CHUN-BING (SPRING ROLLS), TWO DIFFERENT STYLES

材料：

瘦豬肉（或牛肉）絲300公克、筍絲3～4大匙、香菇絲4大匙、韭黃300公克、沙拉油3大匙、太白粉水3大匙、春餅皮750公克、炸油1鍋。

①麵粉2大匙、清水2½大匙。

Ingredients:

10.3 ounces lean pork or beef, 3～4 tablespoons bamboo shoot shreds, 4 tablespoons dried black mushroom shreds, 10.3 ounces tender scallions, 3 tablespoons oil, 3 tablespoons cornstarch paste, 26 ounces chun-bing-pi (spring rolls skin), 5 cups oil for frying

①2 tablespoons flour, 2½ tablespoons water

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主要營養成份**Major Nutrient Content:**

蛋白質 Protein	脂肪 Fat	醣類 Carbohydrate	鈉 Sodium	膽固醇 Cholesterol	總熱量 Total
108 g	277 g	438 g	4160mg	210mg	4342cal.

調味料：

海鮮醬1大匙、鹽1½茶匙、糖2茶匙、味精½茶匙、酒½大匙、胡椒粉½茶匙。

Seasonings:

1 tablespoon seafood sauce, 1½ teaspoons salt, 2 teaspoons sugar, ½ teaspoon MSG, ½ tablespoon wine, ½ teaspoon ground pepper

做法：

1. 韭黃洗淨去老殘葉，切成5公分長條；①料混合。
2. 炒鍋入油，先下絲料、調味料用大火翻炒3分鐘，再加入韭黃續炒數下，淋下太白粉水勾芡即是餡料，盛起備用。
3. 取1張春餅皮，放入2大匙餡料，包成7公分×2公分的長條，即可供食。
4. 包好的春餅亦可沾①料封口，投入八～九分熱油中炸至焦黃香脆，即可撈起去油供食。

Method:

1. Wash tender scallions. Remove old and withered leaves. Cut into 3-inch long sections. Mix well with ingredient ①.
2. Heat oil in a frying pan. Stir-fry all the different kinds of shredded ingredients and seasonings over high heat for 3 minutes. Add tender scallions. Stir-fry for a short while. Add cornstarch paste to thicken. Remove. This is the filling.
3. Wrap 2 tablespoons of filling with a piece of spring roll skin. Make it to 2¾×¾ inches rolls. Serve.
4. You can also seal the rolls with the paste made with ingredient ①, then put them in moderately hot oil and deep fry till brown and crispy. Remove; drain and serve.

備註：

1. 春餅餡料很多，上述是最簡單的；也有炒十數種材料任意選取包食。
2. 許多做餡的材料無湯汁不好吃，有湯汁又會使包餡困難，因此勾成濃芡則是一個解決辦法，請讀友注意。

Notes:

1. You can use any ingredients you like to make filling.
2. If the filling is too moist, just add some cornstarch.

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